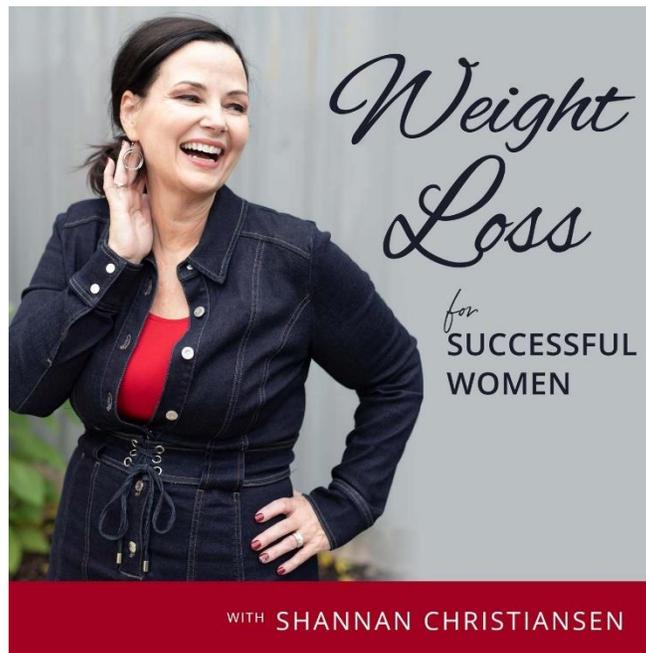


Ep #102: How Action Shows Up in Weight Loss 2.0



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Shannan Christiansen

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You are listening to the Weight Loss for Successful Women Podcast with Shannan Christiansen episode number 102. Welcome to Weight Loss for Successful Women, a podcast for women who are ready to break the diet cycle and end their struggle with weight for good. Here's your host, fortune 100 executive, and certified life coach, Shannan Christiansen.

Hello love. So happy to be back with you. I am excited about our next few podcasts. I love doing this work and I continue to learn and do research. Also, my clients teach me a lot. What they're struggling with, what they're overcoming, tips that they have used to have success. So I'm starting a series of 2.0 podcasts. I am going to teach advanced concepts around the fundamentals and some other tools that I teach. Today, we're going to start it out with action, because understanding how it shows up in your weight loss journey is key to your success.

But first, before we get into the show, I want to read a podcast review. This is from Cynthia Joncas, and she left it on iTunes. Shannan is such an inspiration. She helps all the ladies to find themselves and love themselves so that they can become the person they want to be in a body that they love. Thank you for taking the time out of your busy schedule to start this program. I'm loving every minute of it. Everyone is so helpful. I am so very thankful to have found you.

Oh Cynthia. Thank you so much. She is one of our Transform Bosses and I just, I love Cynthia. She is a beautiful soul and thank you, Cynthia. I love that review. I, you know, it is about learning how to have some love for yourself, having some grace for yourself. Oh, so good. And if you're loving the show, please rate and review the show. Also make sure you follow so I'm in your list every Wednesday morning.

Love, I cannot believe it is September. Where has the year gone? I can't believe I'm already thinking and planning for 2022. Time just goes so fast, but the year is not over yet. We still have three and a half months to finish strong and reach our 2021 goals. I just did a review on our 2021 business goals. Some we hit and some we have not. I didn't beat myself up for what we did not.

I just started to become curious. I asked myself, well, what can we do in the last three months? Where did we have success? And what were the challenges? I do a monthly review and a quarterly review. I don't make them complicated. I look at it like an audit. I don't make it mean anything about me. When we have successes or failures, we make it mean something about us. If we're not hitting a goal, we start telling ourselves stories about what we're capable of. But honestly, what I've learned is failure, successes, it's just part of the journey. It has nothing to do with your capabilities, and more importantly, nothing to do with your worth.

Hear this again, it's so important. Your failures, your challenges, your successes even has nothing to do with your worth, because you're enough. You always have been and nothing can change that. And it's so important to remind yourself. I feel like sometimes we can be on this roller coaster of like, Ooh, we're having success, we're feeling so great. And then when we start to struggle, we start to beat ourselves up and really, just enjoying and learning from all of it. I learned from my successes. I definitely can feel proud and feel the emotion of it.

And if I have failures or challenges, I can learn from that too. And I don't need to beat myself up about it. I can just decide on purpose that it's just part of my journey, both parts. So take a look at what you've

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done this year with a curious mind, and then decide how you want to finish. And if you're not a Transform boss yet, mark it on your calendar love. September 21st, we open for the last time this year. You can go to bflycoaching.com/join. And if you're not already in the last challenge of the year, get in it. I'm doing some stuff I have never done. And I've done quite a few challenges. You will not want to miss. You can go to bflycoaching.com/me, M E, because it's all about you, my love to register. And it starts on September 20th.

As I've watched my own journey and those of my clients, I find that there are three types of action that leads to weight loss success: passive, consistent, and massive. All three of these show up in women who have lost weight for the last time. I have noticed something important about each type of action that is important in this weight loss journey we're on.

So the first one is passive action. Now passive action is important, but it is passive. Passive action is like reading books, listening to podcasts. Basically, you are taking information in, you are learning. I think about passive action in anything that we do. So when I go to a course, or when I go to a class, when I got my master's degree, it really was passive action. I was just learning. I was taking it in. I might've been doing work and, you know, workbooks or tests or quizzes, whatever the case may be, but really I'm just learning. And passive action is a part of your weight loss journey. Learning the tools that I teach, learning how to challenge yourself, learning how to fail on purpose. All of that is important. And it's part of this journey.

The second type of action is consistent. It is the repetition of doing something over and over again to build a new habit. It's a new neural pathway in your brain. Consistent action is key to losing weight for the last time. It is this repetition of taking small steps and doing it over and over and over again. I always think of this when I think of Michael Jordan, because I think it's so important. He, I just watched this interview with him once and he was talking about, you know, he was a legend in his sport and he was talking about how he would, you know, practice over and over and over again, because then it just became this automatic habit. So when he was in the game, he didn't even have to think about it.

He just knew exactly what to do because in all of the times that he had practiced, in the hours and days upon days that he had practiced, it just became a new neural pathway, probably tons of them actually. So when someone came a certain way, when someone did something, he knew exactly what to do, because it was automatic in his brain.

I think about this as you're learning new tools, as you're making your realistic plan, as you're creating new morning routines or night routines, as you're learning how to, you know, handle an urge of wanting to overeat or there's so many different tools and things that you're doing, and doing them over and over again, practicing them over and over again, that consistent action. And it is key to learning how to lose weight for the last time. It's not doing all the things. It's just picking one or two things and then just doing it over and over and over again.

Now the third type of action is massive action. You know, when I was first taught this concept I thought massive action was doing all the things, but it isn't. Massive action is really about failing, hitting roadblocks, and sometimes changing the direction a bit, but always moving forward. It's allowing yourself to fail, learn, and then continuing to take action. It's reassessing and looking at what is working and what is not. It's continuing to show up, take action even when you don't want to, especially when

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you don't want to, it's not doing 52 things. It's doing simple steps over and over again. Failing, learning, and keep taking action, keep moving forward.

And it's so important because this idea that you're going to hit roadblocks. You are going to have times where you overeat. You're going to have times where you don't make your realistic plan. You're going to have times where maybe you gain a few pounds. And what happens is if we don't know that it's just part of this journey, what happens is we start to beat ourselves up and then we start to disconnect. We start to shut down, and then we go into last supper eating where we just keep telling ourselves, well, I'm going to start on Monday. I'm going to start on Monday. But see my love, you don't ever have to start over, because you're always taking action. You just have to decide which actions are going to serve you and which actions are not.

And getting rid of this diet mentality of starting over, shutting down, disconnecting, all in or all out, the way that you do it is through passive, consistent and massive action. It's just learning, doing things over and over again, and then continuing to take action, even when you fail, continuing to learn and grow from it.

So today's transformational questions and actions are one, what are you currently doing for your weight loss journey when it comes to the three types of actions? Two, decide what actions you want to focus on. And then for all my perfectionist, three, cut your list in half and choose one to three actions to focus on. I know you want to do them all. I do. You want to do all 52. One to three. And then number four, do it over and over again. And number five, fail, learn and keep moving forward.

And if you want to learn more about my tools that I teach and how to take action, passive, consistent, and massive, you want to get into my free Transform challenge. You can go to bflycoaching.com/me. We are going to have a blast in this challenge. It is going to be fun. You are going to learn, you are going to grow and you are going to finish 2021 strong, and you are going to achieve goals that you had already given up on. Yes. Join the challenge. I can't wait. All right my love. Bye for now.

Thank you for listening to this episode of Weight Loss for Successful Women. If you love what you heard today and want to learn more, come on over to bflycoaching.com. See you next week.